

Basic rules to live Healthy Lifestyle

Follow Rules

1. Proper day routine
2. Stop any negative addiction
3. Train mentally and physically
4. Optimize your intake
5. Don't be in comfort zone

1. Day Routine

Time	Routine
5.00 am	Wake up and make my bed
5.05 am	Drink 2 glass of water
5.10 am	Sit silence and deep breath
5.15 am	Rest room and track weight
5.35 am	Oil pulling and brushing
5.50 am	Daily Abs
6.05 am if need	Self Care
6.05 am	Skin Care and bathing
7.05 am	Prepare Breakfast and Eat
7.30 am	Hair Care
7.40 am	Learning new skill
8.40 am	Get ready for the day
2.00 pm	Lunch
3.00 pm	Nap
3.45 pm	Get ready
4.15 pm	Go and Training
7.45 pm	Come, Fresh up and prepare a rice
8.30 pm	Dinner with schedule next day
9.00 pm	Make for sleep
9.30 pm	Sleep Before

2. Stop any negative addiction

1. Consuming lot of Entertainment

3. Train mentally and physically

Mentally

Consume self development or feed any positive things

Physically

6 Days of training and 1 day rest

4. Optimise your intake

1. Avoid sweet and sugar
2. Avoid junk and processed food
3. Avoid unhealthy fats
4. Drink 5 liters of water
5. Follow healthy diet

5. Don't be in Comfort zone

1. Follow discipline
2. Consistent over perfection
3. Focus on Health then Work

My Current Diet

Breakfast

ABC Juice (100g apple, 100g Beetroot, 100g Carrot)

7 Egg White

Oats Recipe (50g oats, 150ml Skimmed milk, 1 Scoop Whey Protein, 50g banana, 50g Strawberry)

Almond 5g

Lunch

100g chapatti

150g boneless chicken

8 egg white + 2 whole egg

100g Grapes

100g Guava

Pre Workout

3g Creatine

100g banana

Post Workout

1 Scoop whey Protein

3g Creatine

5g almond

Dinner

5 Egg White + 2 whole egg

Oats Recipe (50g oats, 150ml Skimmed milk, 1 Scoop Whey Protein, 50g banana, 50g Strawberry)

500g Watermelon